

Nutrition in Washington

Facts about nutrition, physical activity, and obesity in Washington State:

Nutrition:

- Eating nutrient dense foods and 5 or more vegetables and fruits a day can decrease your risks of:
 - ❖ Developing certain kinds of cancers
 - ❖ Being overweight or obese
 - ❖ Having heart disease and hypertension
- In 2000, only 25% of Washington State adults reported consuming 5 fruits and vegetables each day.
- From 1997 to 1999, 87% of women in the state initiated breastfeeding. After one and two months postpartum, breastfeeding rates were 74 and 64% respectively.

For more information about nutrition, physical activity, and obesity contact:

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Fact Sheet

The Nutrition and Physical Activity Section at the Department of Health (DOH) is committed to increasing healthy eating in Washington State. Program efforts include:

- **Increasing Access to Healthy Foods** – In an effort to support the Washington State Nutrition and Physical Activity Plan, DOH spearheaded the formation of the Access to Healthy Foods Coalition (AHFC). Diverse partners from across the state representing agriculture, food industry, restaurants, farmers, distributors, shippers/packers, advocates, government, military, and health care lead the coalition. The AHFC action plan focuses on increasing access to healthy foods in three areas:
 - Point of Purchase
 - Worksites
 - Food Assistance Programs
- **Promoting 5 A Day** – This program is part of a worldwide effort to increase fruit and vegetable consumption through education and improved access to high quality fruits and vegetables. Currently, the program is building partnerships and determining the most effective way to reach the program goals.
- **Promoting Breastfeeding** – The Breastfeeding Coalition of Washington and DOH are teaming up to eliminate the barriers to breastfeeding for women in Washington State. The goal is to increase the number of women who breastfeed their infants and toddlers.
- **Promote the Washington State Nutrition and Physical Activity Plan** - The plan provides a framework for policy makers at the state, local and institutional levels to support and build environments that make it easier for Washington State residents to choose healthy foods and to be physically active. The goals are to:
 - slow the increase in the proportion of adults who are obese
 - reduce rates of chronic disease
 - improve the quality of life

Our mission is to promote nutrition, physical activity and optimal care to prevent or treat obesity, diabetes and cardiovascular disease in Washington State.